

Newsletter



WE'RE ON THE WEB
www.sparkstkd.com

DATES TO REMEMBER!

- 13 Feb 2010
No Classes (Family Day Weekend)
- 06 March 2010
Colour Belt Test
- 27 March 2010
Toronto Tournament



POWER THEORY

Where do martial artists get the power to break boards and bricks? There are 6 components to power theory – 6 things you can use to improve your own power.

M – Mass

A larger person can push you more easily than a small person. The mass of something affects power. If you drop a piece of paper on your foot, it will not hurt. If you drop a 300-page book on your foot, it will hurt more. The book has a larger mass and more power when it drops.

You can increase muscle mass by exercising but you cannot change your mass significantly or quickly. Some of us are heavyweights and some are lightweights. But, you can use the other 5 components of power to improve your own power.

R – Reaction Force

Newton's Law of Physics states every action has an equal and opposite reaction. You can increase your power by adding reaction force to it.

Try punching a target with your right fist. Now, extend your left hand before you punch with your right. As you punch with your right hand, draw your left

hand into the chamber, the way we do when we practise. Notice your punch has more power when your left hand provides reaction force.

S – Speed

By adding speed to your punches and kicks you can improve their power. A faster kick will move a target further than a slower kick executed with the same foot (or mass).

Consider a bullet. If you throw a bullet at a wall, it will hit the wall and drop. If you fire that same bullet with a gun, the bullet will travel much faster than it will when you throw it, and it will embed itself or go through the wall because at a higher speed, the same bullet has more power.

B – Balance

Have you ever been asked to make your stances wider? That is to improve your balance, and your power. If you stand with one foot behind the other – like you are on a tightrope – and you punch a target, you will not have as much power if you use the punch when your feet are in a proper fighting stance, at least shoulder width apart. Try it. Of course, it is also harder for your opponent to knock you over when you

are in a proper, well-balanced stance.

B – Breath

Sometimes when we work really hard at something, especially if we are learning a new kick, we hold our breath. Eventually, we will get light headed, lose our balance, our focus and our power.

Practise exhaling when you deliver a kick or punch. When we give a *kyop* it may scare our opponent, but it also helps us to make sure we are breathing properly, exhaling as we execute a move to increase power.

C – Concentration

If someone steps on your foot with the heel of a pointed high-heel shoe, it hurts more than if the same person steps on your foot with the heel of a running shoe. That is because the same mass is concentrated in a smaller area.

Focus on a small area of the target when you practise. This will improve the concentration of your kicks and punches and give your taekwon-do more power.

The 6 components of power are easy to remember if you use the acronym: **MRS. BBC.**

SPARRING GEAR AND OTHER EQUIPMENT

There are many tournaments for you to compete in over the next few months. If you do not already own sparring gear, now is a good time to invest in a set.

By the time you receive your green belt you should own your own set of sparring gear. Speak to Mrs. Sparks to order your gear



Prices for new equipment:

- gloves \$40
- boots \$40
- helmets \$40
- shin pads \$40

Gear can also be purchased as a set for \$150.

Also Available:

- T-Shirts — \$10
- Ball Caps — \$18
- Equipment Bags — \$35



CLASSES SCHEDULE

Day	Little Dragons	Juniors	Intermediate	Seniors
Tuesday	6:15–7:00 pm	7:00–7:45 pm	7:45-8:30 pm	8:30-9:15 pm
Thursday	6:15–7:00 pm	7:00–7:45 pm	7:45-8:30 pm	8:30-9:15 pm
Saturday	9:00-9:45 am	9:45-10:30 am	10:30-11:15 am	11:15-12:00 pm

Little Dragons - all belt levels ages 4-8

Juniors - white belt to double blue stripe ages 8-13

Intermediate - Blue belt and up 8-13

Senior - Blue belt and up 13+

It is very important to come to the class designated for your age and belt level so that you can get the best instruction for your level and also allow others the best opportunity to learn!

TOURNAMENTS AND COMPETITION

Winter is on its way out (we hope!) and spring is not far off. That means it will soon be tournament time! Competitive tournaments are a great opportunity to meet new friends, test yourself on your technique and have the opportunity to spar with someone new ... not to mention the chance to bring home the gold!

Many of our students have participated in tournaments in Aylmer, Toronto and other

places over the years. We have made Master Sparks very proud of how well we have done in competition with other schools. Everyone is encouraged to participate in tournaments to build skills and challenge themselves as martial artists.

Before testing for your black belt, it is part of the requirement that you have participated in at least ten (10) tournaments at some level. Sometimes people don't want to go to tournaments

because they don't like to spar or they are feeling shy. In that case, you can go to the tournament and just do your patterns. If you are feeling shy, make sure you go with a friend. That can make it more fun too.

PERSEVERE, grab hold of your *INDOMITABLE SPIRIT* and come check it out! You might have a lot of fun ... oh and bring home a shiny medal or two!